



Cancer--every day we hear of someone close being affected by this dread plague. Is it a matter of luck or chance? Or is there something we can do to reduce our risks?

While genetics and environmental issues certainly do have a part to play, studies have shown that the largest factors are related to lifestyle. One researcher put it this way:

Outside of on-the-job hazards, the biggest threat to the health of employees is their own lifestyle. Studies have convincingly demonstrated that a rich diet [diet high in fats, sugar and animal products], sedentary living, drinking, and smoking largely determine the risk for developing heart disease, stroke, diabetes, cirrhosis of the liver, and cancer of the lungs, breast, colon, and prostate. *Health Power p 38 Aileen Ludington, MD Hans Diehl, DrHSc, MPH*

Foods that fight Disease and Cancer

While the lifestyle that promotes health is multi-faceted, one large aspect is our diet. One striking fact that comes more clearly into focus as time and research march on is that a plant based diet is by far healthier than one largely consisting of animal products and highly refined foods. Nature has provided cancer fighting agents within foods that we have access to!

These foods also promote the health of the heart and circulatory system, along with helping us to feel better and more energetic—making it easier to get more exercise which also has huge benefit. Working more of these foods into our diet isn't hard, and has huge long-term beneficial effects.

Phytochemicals and antioxidants are natural agents found in whole foods that have powerful disease fighting properties. They appear to interact with every step in the cancer-producing process. They work as blocking agents, preventing cancer causing agents from affecting the body's cells, and suppressing agents, combating malignant changes within the cells.

The bottom line is eat more fruits, vegetables nuts and seeds on a daily basis. ***Here is a list of a few fruits and vegetables that are known to be high in phytochemicals and antioxidants:***

Fruits:

- Cantaloupe
- Strawberry
- Plum
- Orange
- Red grapes
- Kiwi
- Pink grapefruit
- White grapes
- Bananas
- Apple
- Tomato

Vegetables:

- Soybeans
- Garlic
- Kale
- Spinach
- Brussel sprouts
- Alfalfa sprouts
- Broccoli
- Beets
- Red bell pepper
- Onion
- Corn

Don't forget to eat a variety of whole grains, nuts and seeds as well. Waterford merchants (Tesco, Kilos and Full of Beans) stock ground seed mixes high in the important Omega fatty acids that are great for adding to oat porridge in the morning. Dried fruit and nuts make great snacks. Try stuffing a dried date with a Brazil nut or roasted almond—a great sweet treat that is good for you!

Almonds can be roasted quickly in a micro wave oven: Put about two cups in a bowl and cook them about two minutes. At one minute stir and check to see if they are starting to split, or are getting brown in the middle, as microwaves differ in energy output. You don't want them to get brown in the middle, just lightly roasted to give them a little crunch and add sweetness to the flavour. They may take another minute, depending on the quantity and heat, just be careful not to burn them, it's better to be a little underdone than a little overdone!

The key to health is a well rounded and balanced lifestyle that includes all the components our bodies need to build, heal and live. The only way our body has to get the things it needs to live is from what we give it. At the end of the day it's generally our choices that have the biggest impact on our health.

For more information visit our web site:

www.emeraldhef-ie.org

If you would like a free personal consultation contact us on the number below:

Brad and Sheri Bushey
Emerald Health and Education Foundation
Waterford Branch
(0)51 831100